

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 13/09/2024

### Times for Thursday 19 September



Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Y:Active Fitness Studio	Simon H
09:15 - 10:15	Zumba	Sports Hall	Instructor
11:30 - 12:30	Gentle Exercise	Sports Hall	Simon H
17:45 - 18:30	Spinning	Spinning Room	Keith